



Quantin Binnah
Community Centre

Community Programs

TERM 3 2022

Quantin Binnah
Community Centre

 61 Thames Blvd, Werribee
www.qbcc.org.au



***Our Vision is to Create Connection &
Nurture a Sense of Belonging***



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At Quantin Binnah, we value community above all else. For us, this means celebrating each individual in our community, nurturing group connections, honouring our similarities and differences and helping each other learn and love each day.

Our mission is to provide inclusive education across all ages, focusing on being accessible and responsive to our diverse community needs. We aim to inspire collaboration and connection between community groups and local organisations

Our Key Values are:

Connection

Belonging

Nurturing



About Us

Qb Community Development

Community Development

At Quantin Binnah we value community. Community Development aims to provide high quality community programs that supports and connects people with Quantin Binnah, inspire collaboration and create a sense of belonging to our community. Our programs are developed to be inclusive across all ages and focuses on being accessible and responsive to our diverse community needs.

For bookings and information

Unless individually or otherwise stated please contact the Community Development Team, Penny & Emma on community@qbcc.org.au or 9742 5040 to discuss activities further and to register your interest.

Room Hire

At Quantin Binnah we have a variety of multipurpose spaces for hire. Our Community Hirer's Handbook contains relevant information including pricing, how to pay and making your own COVID safe plans.

For further details including the hirer's information booklet, hire rates and virtual tours of our spaces please look at <https://www.qbcc.org.au/hire-facilities-1>

Contact Us

Email: community@qbcc.org.au

Phone: 9742 5040

Website: www.qbcc.org.au

Facebook: www.facebook.com/quantinbinnah

Community Activities

Social English

Practice your social English skills with others in a supportive environment. Make new friends and take some time out for yourself.

No structured classes, no need to attend every week.

Day: Every **Wednesday** during school term

Time: **9.30am to 11.30am**

Cost: Gold coin donation appreciated but not expected

Pop in Tuesday's

Do you require support to print some forms, make (limited)photo copies, access websites? Need to access a device? Do you require some meal assistance? Or to make an application for the Power Saving Bonus? Emma will be located in Café Qb on July 19th, August 2nd, 16th and 30th, September 6th, October 4th and 18th, November 15th and 29th and December 6th.

Day: **Tuesday** during school term

Time: **10.00am to 12.30pm**

Cost: FREE



Cafe Qb

Creating Villages will be supporting adults with disabilities to operate the café.

Creating Villages Inc.

Creating Villages is a not-for-profit company creating inclusive community spaces and places to advance health outcomes and reduce social isolation by providing affordable opportunities for creativity, skill development and connections.



The café will be operating
Monday's 8.00am to 2.00pm
Tuesdays from 8.00 am to 2.00 pm and
Wednesday's from 8.00 am to 4.30 pm
with a view to expansion.

Please support the team working in the café; they will be working pro bono.
All money made from purchases will be re-invested into produce and supplies.

EFTPOS facilities are available.

www.qbcc.org.au/cafeqb

Creating Villages

Quantin Binnah is proud to be partnering with

Creating Villages Inc.



Some of our programs include:

Craft and Caffeine

Drop in for craft and a cuppa anytime. Craft activities set up with themes representing current celebrations and events. Gold coin donation for craft supplies appreciated but not expected. **Monday's, Tuesday's and Wednesday's** in the café.

The Craft Binge

Looking for something to do on a Sunday afternoon during the colder months? Need some time out?

Bring your craft project along to QB Café and join in with others from **1.00pm to 4.00pm** on **Sunday** 31st July, 28th August and 18th September.

Learn to art of crocheting with Lisa and enjoy an afternoon tea with the team from Creating Villages. Craft special Hot drink and Scones for \$7.00. Other café goodies available too but there is not expectation to purchase anything from the café.

If you need to bring the kids along no problem, kids craft will be set up for them to do to.

Australian Crochet Community

All welcome to drop in, crochet and chat.

Bring your own crochet or craft project with supplies along to QB Café and join in with others from **10.00am to 2.00pm** on **Saturday** 23rd July, 20th August, 17th September, 15th October, 19th November and 17th December

**For more information on sessions and times
check out our Facebook page and website.**

Parenting



Tuning into Kids

A **FREE** parenting program that supports parents to build positive relationships with their children aged 3 to 12 years old.

Understand the relationship between your child's emotions and their behaviour and develop skills to assist your child to learn to deal with their own emotions and conflict.

Day: Starting **Tuesday** 19th July 2022 for 6 weeks

Time: **10.00am to 11.30am**

Cost: FREE

Please contact Kelly Russell for further information

RegionalParentingService@mackillop.org.au or 9680 8444

Register at www.mackillop.org.au/events

Wyndham Parents Support Network

Support for parents and carers who have a child with a disability or developmental delay from birth to 18 years of age. New members welcome.

Day: First and Third **Monday** of the month (except during school holidays and public holidays),

Time: **10.00am to 12 noon**

Cost: FREE

Please contact Wendy White for more information wendy.white@mackillop.org.au or 0448 015 023



Adult Education



Digital Literacy

Overview: Become digital savvy

If you've ever wanted to nail your digital literacy, here's your chance.

For anyone wanting to use digital devices for work or study, this pre-accredited course gives you the grounding you need. Develop your digital literacy in just four days and open yourself up to a whole new world of opportunity.

Start dates: 19th July, 2nd August, 6th September, 6th October, 17th November

Intermediate Computer Skills for Work

Overview: Grow your digital literacy.

Take your computer skills to the next level.

Build on the basics with this pre-accredited course designed to give you the essential skills you need in many contemporary workplaces. Let genU Training help boost your confidence to take on your next role

Start dates: 23rd August, others TBC

Study mode: On campus during day at Quantin Binnah Community Centre

Duration: 2 days per week over 2 weeks (9.00am to 3.00pm)

Cost: FREE to eligible participants

BOOKINGS ESSENTIAL

Apply Now!

Phone: 1300 582 687

Email: genutrainingenquiries@genu.org.au

Website: www.genutraining.org.au



Wellbeing Activities

Wonder Women

Have you felt isolated during the pandemic?



Have you become disengaged and are struggling to get back into the swing of things? Would you like some time for yourself? Come and join us and spoil yourself. Our program is proudly sponsored by our Stockland CARE grant.

Day: Every **Thursday** during school term

Time: **9.30am to 11.00am**

Cost: FREE



Breakfast Club

Before dropping the kid's off at school come in for some brekky together to help you fuel your day. Don't have any children that's fine you're welcome too. No questions asked. Breakfast items include cereal, toast and fruit.

Day: Every **Monday and Wednesday** during school term

Time: **8.00am to 9.00am**

Cost: Gold coin donation appreciated but not expected.

Life! Community Kitchen

We all need a little bit of extra help during these difficult times.

Our friends at Life! Community Kitchen are providing FREE fresh Vegetarian or Halal meals fortnightly (with frozen meals available on alternate weeks).

If you would like to take a meal home for your family, no questions asked, please see the team in the café.

(Meals are to be consumed that day or frozen to eat at a later date).

Day: Every **Tuesday and Wednesday** during school term

Time: **8.00am to 9.00am**

Cost: FREE



Children's Activities

OOey gOOey Messy Play

Come along and get messy with different sensory craft, for any age. Parents to supervise. Children to wear clothes that can get messy.

Day: Every **Monday** during school term

Time: Drop in anytime between **10.00am to 11.30am**

Cost: \$5.00 per child or \$8.00 for families

Loose Parts Play

Be imaginative! Be inventive! Problem solve!

Rearrange, redesign and tinker with loose parts to give them a new purpose.

For any age. Parents are to remain onsite and provide supervision during session.

Day: Every **Wednesday** during school term

Time: **3.30pm to 4.30pm**

Cost: Gold coin donation appreciated

After school snack specials available in Café Qb.

Home Schoolers Social Club

Meet other home-schooled students. Socialise and learn through self-directed play. Parents are to remain onsite and provide supervision during session.

Day: Every **Tuesday** during school term

Time: **12 noon to 2.00pm**

BYO board games

Lunchtime school snack specials available in Café Qb plus craft activities for a gold coin donation

Art Spectrum

Art spectrum is a social craft group for kids on the spectrum, their siblings and friends. Everyone welcome. Free sessions. Bookings required. Dates TBC.

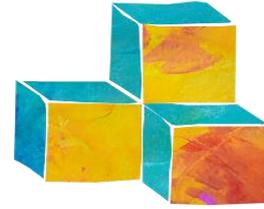
Keep an eye on www.facebook.com/craftandcaffeine for details on the above

children's activities.



STEMician Stem today

Get your kid's ready for the future in a fun, safe and engaging way of STEM (Science, Technology Engineering & Math) learning.



STEM specialized short courses for Primary School children. Each week participate in an engaging and integrative STEM learning opportunity, *such* as Robotics, Coding, 3D printing, Sustainability, STEM Math, STEM economics, STEM Mechanics & Photography.

Classes offered for Prep - Grade 4 children in a COVID safe environment.

Day: **Saturday's** during school term

Time: **10.00am to 12 noon**

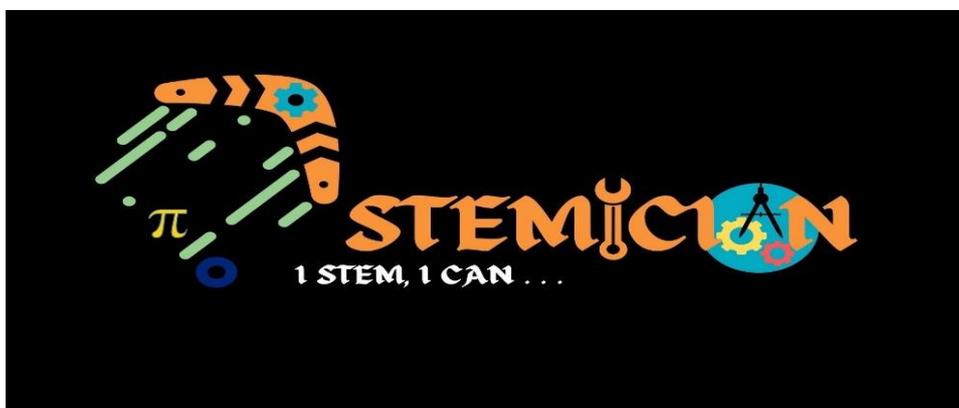
Cost: \$30.00 per person per 2-hour session.

\$10 special price for first 10 students enrolled for first 4 weeks! (*student can enrol for all sessions on all topics, but will get discounted price for any 1 session)

To register your attendance, for early bird or referral discount, or to ask questions please contact us at info@stemician.com.au

For further information check out www.stemician.com.au

Let's build a STEM aware future generation. An essential life skill for our kid's future career.



All Abilities Activities

CraftABILITY

Adults with Disabilities (& their carers) are invited to join us to complete a different art and craft activity each week. Come along and be creative, be social and maybe enjoy something to eat for the Café menu.

Day: Every **Tuesday** during school term

Time: **10.00am to 12 noon**

Cost: \$6.00 per person

Capacity Building at Café Qb

Would you like to learn new skills, gain experience in a café and meet new people?

Do you have core supports in your NDIS plan?

Supports provided at NDIS unit costs.

Participants are required to be self or plan managed. Have a chat to our Café Qb team.

Special Activities

Maggie the Clairvoyant

Would you like to put your story into a greater context and extract life lessons, wisdom and self-awareness?

With 25+ years' experience and trusted by many, Maggie will give you a 1:1 Tarot Angle Card Reading.

Day: Every **Wednesday** during school term

Time: **9.00am to 3.00pm**

Cost: 20 minute card reading - \$25 Cash only

Walk-in's welcome - no booking necessary

Call Maggie on 0421 564 236 if you'd like to discuss further.



Adult & Senior Activities

High Tea and Craft

Social Craft group for adults. Come along and spend time with others, have a chat, a cuppa and make something lovely to take home or gift to others.

Morning tea and Craft activities provided.

Craft may be wind chimes, dream catchers, mosaics, crocheting, cup painting, etc.

Day: Every **Wednesday** during school term

Time: **10.00am to 12 noon**

Cost: \$10.00 per person

Booking essential as numbers are capped at 10.

Please email creatingvillages@gmail.com to book and advise of any dietary requirements.



Adopt a Grandparent

Are you a senior who would like to be a participant in our Adopt a Grandparent program? We're seeking older members of our community who may be interested in joining an intergenerational program. Whether you're a grandparent or not this is a great way to develop a rewarding interactive connection with our younger generation

Please contact Emma or Penny to discuss further and register your interest for this upcoming activity.

Book Club Expressions of Interest

QB are seeking interested readers to join us every month by reading a book and discussing it amongst new found friends. Share what you love about the book over a cup of coffee or tea and discover some new authors along the way.

Please contact Emma or Penny to discuss further and register your interest for this upcoming activity



Pop Up Events

Heart Matters

Your Heart Matter, would you know what to do? Recognise the warning signs of a heart attack; know what to do; and reduce your risk of having a heart attack. Come along to a **FREE** community information session.

Day: **Monday 8th August**

Time: **11.30am** followed by a light lunch served in Café Qb.

Cost: FREE. Bookings essential for catering purposes. Please RSVP by Thursday 4th August with any dietary requirements to community@qbcc.org.au

National Science Week

STEMician will organize a 'STEM Workshop' to help young children grow interest and build confidence in the world of STEM (Science, Technology, Engineering and Mathematics). We aim to help propel young children into STEM by introducing them to a range of interactive and fun projects in an inclusive and safe environment.

Day: **Saturday 13th August**

Time: **9.30am to 1.00pm**

Cost: FREE

Bookings: info@stenician.com.au or 0430 666 933 or 0405 028 734

Life! Program

Healthy Living information session covering topics such as what is diabetes, heart disease and stroke; healthy eating and weight control; physical activity; reducing stress in daily life. Come along to a **FREE** community information session.

Day: **Wednesday 17th August**

Time: **11.00am** followed by a light lunch served in Café Qb.

Cost: FREE. Bookings essential for catering purposes. Please RSVP by Monday 15th August with any dietary requirements to community@qbcc.org.au



Adult Learners Week & Wyndham Learning Festival 1st – 7th September

One Step Forward

Join us to learn how to ease back into exercise after a big break, if you're new to exercise or you've had weight loss surgery and would like to help boost your efforts. Come along to a **FREE** community information session.

Day: **Monday 5th September**

Time: **1.00pm**

Cost: **FREE**. Bookings essential

Basic Car Care

An interactive workshop with a fully qualified mechanic. Learn how to check your oil, water, coolant windscreen washer fluid and tyre pressure, change a tyre and replace a windscreen wiper blade.

Day: **Tuesday 6th September**

Time: **10.30am**

Cost: **FREE**. Bookings essential

Flower Arranging for Beginners

Make time to stop and smell the roses.

Make your own small floral arrangement in a workshop led by an experienced florist. All flowers and materials needed are included.

Day: **Thursday 8th September**

Time: **11.30am**

Cost: **FREE**. Bookings essential

Keep an eye on QB's Facebook page and www.qbcc.org.au

for other POP-UP ACTIVITIES during Term 3.



Community Initiatives

Next time you need a gift for someone, pop into Café QB and buy something on offer from our local community. Help us to support our local entrepreneurs.

Soy candles - Empowering Candles by James Nguyen

Key chains, jewellery and fobs – Made by Andrea

Resin jewellery – Pure Designs by Linda

Candles, room fragrances and bath products – 2J's Candle's & Gifts

Dream catchers – BiPoLaR Creations

Resin artwork – Catherine Fish

Craft packs for home projects - Creating Villages

Orders can be taken for personalised items and special requests.

All products are on display in Café QB Monday to Wednesday.



We're committed to your safety



*Quantin Binnah is a committed Child Safe organisation
and has zero tolerance for child abuse.*

Every child and young person accessing Quantin Binnah has the right to feel safe. All Quantin Binnah employees, volunteers, contractors and community representatives have a responsibility to understand and activate their role in preventing, detecting, responding and reporting any suspicions of child abuse to the relevant authorities and maintaining a child-safe culture.

For more information scan our QR code and read our policies here:



Contact Information



9742 5040



admin@qbcc.org.au



www.qbcc.org.au

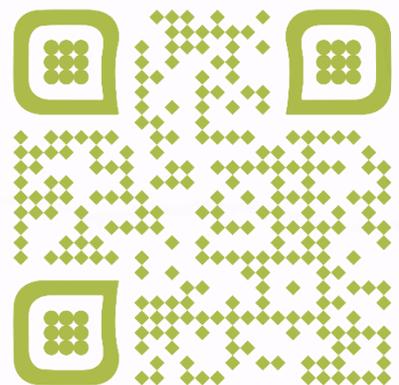


www.facebook.com/quantinbinnah

Our admin office is open

8:30am to 6:00pm

Monday to Friday



 61 Thames Blvd, Werribee

www.qbcc.org.au